



San Bernardino County Women's Network

October 2008 Meeting

My Health Matters!

Steps to Success – 2009 Challenge

- **Create** your own Personal Health Record
- **Track** your diet and fitness goals
- **Monitor** developments in healthcare as they pertain to you
- **Identify** your biggest health risks
- **Safeguard** your electronic medical records
- **Earn** cash rewards just for using the program!



Andrew Lamberto

Andrew Lamberto, Director of Human Resources, has been with the County of San Bernardino since 2005. Andrew was employed for 14 ½ years with the Los Angeles County Sheriff's Department as the only civilian Chief in that department before coming to San Bernardino. Since becoming the Director of Human Resources, Andrew has seen many initiatives take place throughout the County. The two most prominent initiatives received the National Association of Counties [NACo] awards in 2007:

- **Service FIRST!**
- **The Standards of Dress and Grooming Policy**

October 15, 2008

11:30 am to 1:00 pm

San Bernardino Public Employees Association (SBPEA)
433 North Sierra Way, San Bernardino, CA

Lunch

You may bring lunch or purchase a lunch provided by **La Copa Express**

Option A: 6" turkey sub and chips \$6.50

Option B: Grilled chicken salad, choice of dressing \$6.50

Option C: Chile Verde Burrito (Chile Verde, Rice and Beans) and chips \$5.50

Option D: Vegetarian Burrito (beans, rice and cheese) and chips \$4.50

Send check, made payable to CWN, to: San Bernardino PERC, Attn: Leta Paul

Or send via U.S. Mail to: PERC, Attn: Leta Paul

295 Caroline Street, Suite C, San Bernardino, CA 92415-0050

Payment must be received by Leta no later than Friday, October 10th.

Guests are welcome with a \$5 guest fee.

**To Guarantee Enough Seating You and Your Guest Must Register For This Meeting
No Later Than Thursday, October 9th**

To provide quality service, lunch orders **can be processed only if you have pre-paid for lunch** before the registration deadline. If you register after October 9th, remember to provide your own lunch.

Please use one of the below links to our electronic registration sites:

Intranet: <http://countyline/>

Internet: <http://www.sbcounty.gov/cwn/>

Those of you without intranet/internet access may RSVP by e-mail to lpaul@hss.sbcounty.gov or call Leta Paul at (909) 420-6451